

# Cokeville Elementary Newsletter



# March 2025

## March is Upon Us!

Dear Parents and Guardians,

As we welcome March, we want to express our gratitude for your ongoing support in your student's academic journey. Your encouragement plays a vital role in their success, and we truly appreciate your dedication.

With our quarterly reading challenge coming to a close, we extend a heartfelt thank you for motivating your child to read. There is still time left, so please continue to encourage your child to read as we near the end of the quarter. The more exposure they have to literature, the stronger their comprehension and critical thinking skills will become. We are thrilled with the enthusiasm students have shown and the amount of duct tape being earned! We can't wait to see Cokeville staff taped to the wall as a fun and well-deserved celebration of their reading achievements.

## Parent-Teacher Conferences

Parent-teacher conferences are scheduled for the week of March 10th. Please watch for communication from your child's teacher regarding scheduling a time to meet. These conferences provide a valuable opportunity to discuss your child's successes and areas for continued growth. We deeply value our partnership with you in fostering their educational journey.

## Outdoor Recess & Changing Weather

As winter lingers and temperatures fluctuate, we appreciate your efforts in ensuring your child is dressed appropriately for outdoor recess. The unpredictable weather can make it challenging, but our goal is to have students outside as much as possible. Thank you for helping us keep them warm and prepared for changing conditions.

## Homework & Academic Support

We also appreciate your continued commitment to ensuring homework is completed. This extra practice is essential for reinforcing concepts and building mastery. If you have any concerns or need additional support, please don't hesitate to reach out to your child's teacher. Your involvement is invaluable in your child's academic success.

Thank you for all you do! We look forward to a fantastic March ahead.

Sincerely,

Kenneth Dietz  
Cokeville K-12 Principal



## Calendar

3/3-6 Dress up for  
Reading week  
3/10 PTC week  
3/13 AR points due



# The Role of Sleep in Elementary Student Success

For elementary students, there is a strong positive correlation between adequate sleep and successful learning. This means that getting enough quality sleep significantly enhances a child's ability to concentrate, retain information, and perform well academically. While lack of sleep can negatively impact their learning abilities by hindering focus and memory consolidation. Good sleep is crucial for effective learning in young children! Children ages 6-12 should be consistently getting 9-12 hours of sleep.

Here are some key points to remember about the sleep / learning relationship in elementary students.

- **Brain development:** During sleep, the brain processes and consolidates information learned throughout the day. This is critical for long-term memory formation and effective learning.
- **Attention and focus:** Insufficient sleep can lead to difficulties concentrating in class. This can cause difficulty with following instructions and absorbing new information.
- **Emotional regulation:** Sleep deprivation can also affect a child's mood and ability to manage emotions, which can potentially lead to classroom behavioral issues.
- **Cognitive function:** Adequate sleep is essential for cognitive skills like problem-solving, reasoning, and decision making. All of which are so important for academic success!
- **Increase risk of health problems:** Chronic sleep deprivation can put students at increased risk for depression, anxiety, obesity, and high blood pressure.

## How does lack of sleep affect learning?

**Lower grades:** Studies have shown a link between inadequate sleep and lower academic performance with children who don't get enough sleep regularly scoring lower on tests and assignments.

**Difficulty with complex tasks:** When tired, children may struggle with tasks requiring higher-level thinking and focus, as well as recalling sequential processes.

## How to promote good sleep habits for elementary students:

**Consistent bedtime routine:** Establish a predictable sleep schedule with calming activities before bed.

**Appropriate sleep duration:** Ensure children get enough sleep based on their age (9-12 hours per night for elementary age students)

**Healthy sleep environment:** Create a quiet, dark, and cool bedroom. Use the bed for sleep only. No reading or electronic use in bed. Eliminating cell phone / electronic use from the student's bedroom can also be helpful in avoiding distractions.

**Limit screen time before bed:** Avoid electronic devices within 1 hour of bedtime as blue light can disrupt sleep.

**Make sleep a priority:** Children and their parents may fail to budget enough time for sleep each night. Instead allocating more time to studying, social life, sports, and other activities. Do your research and make time for sleep to set your students up for success!